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TORIES DITCHING OLD SYSTEM IN FAVOUR OF LARGE-SCALE, RCMP-APPROVED FARMS FOR MEDICAL MARIJUANA PAGE 16

Moby's back — and he's not alone

Veteran DJ's new album was a collaborative effort with the likes of Wayne Coyne and Toronto's Cold Specks PAGE 20

No relief for detained Canadians

More help sought from Ottawa after Londoners' stay in Egyptian jail was extended by 45 days PAGE 7

Sunnybrook treats teen hurt in Kenya

Toronto-born Fardowsa Abdi returns to Canada after suffering severe leg injuries in mall siege PAGE 3

Raptors remake, courtesy of Drake

Can he take care of Dinos? Team partnering with hip-hop star for major rebranding effort

In what will start out looking like a publicity stunt and may end up changing the face of a franchise, the Toronto Raptors are about to begin a major partnership with the city's most globally recognizable citizen.

On Monday, MLSE will announce the first of several initiatives with hip-hop superstar Drake that will see him acting as a host, business partner and consultant for the team.

In a league driven by shiny-object syndrome, the Toronto-born musician has always had an earthy feel to his fandom.

Three years ago, just as it was about to get really bad, he laid out his bonafides.

"I am a Raptors fan to the death," Drake told ESPN.

How grim was it back then? Whoever transcribed the ESPN interview included the 26-year-old "sighing" as he said it.

Over the years, Drake's been a regular in the courtside seats. When he shows, he usually sits a few chairs over from another boldface name — Bell CEO George Cope, the guiding force in the MLSE boardroom.

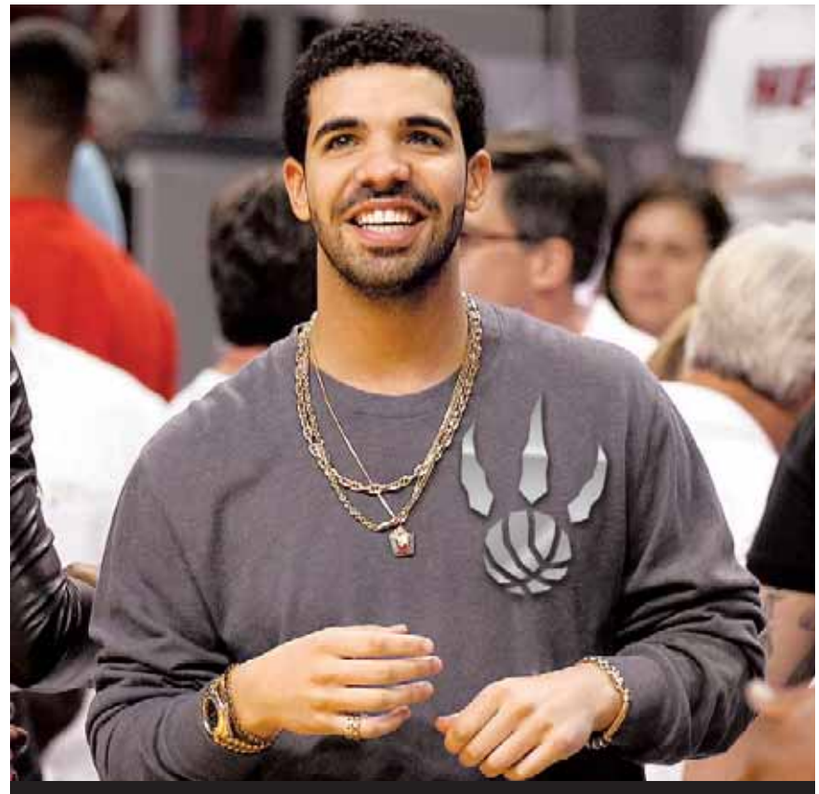
That loyalty — and also his immense following inside the game — has been noted.

The nuptials will start Monday with an announcement that Drake is partnering with the Raptors as they accept the 2016 NBA all-star game. He'll be drafted in as a non-official host of festivities.

He will also launch a clothing line in conjunction with the team. Most intriguingly, he is being asked to consult on a complete redesign of the club's image to coincide with the 20th anniversary of the franchise in the 2014-15 season. TORSTAR NEWS SERVICE

Dinos over dogs

- According to sources at MLSE, everything about the team is on the table ... aside from the name. Give up your Huskies dream — MLSE and Drake are sticking with dinosaurs.
- It would be wrong to call what comes next a renaissance. That would imply that the Raptors have a legacy to build on. After 18 years, all they have is one playoff series win and Vinsanity to draw from. It's within Drake's power to change that.



Drake, who once said, "I am a Raptors fan to the death," will sign on in a major partnership with the Toronto Raptors, to be announced Monday. The hip-hop star will also launch a clothing line in conjunction with the team. MIKE EHRMANN/GETTY IMAGES; PHOTO ILLUSTRATION BY METRO

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Dedicated funds

Cemeteries face funding crisis

Even cemeteries are not sheltered from the tumult of international finance.

Historically low interest rates are reducing the amount of money flowing from the dedicated funds cemeteries rely on to pay maintenance expenses, forcing them to turn to new income to maintain existing grounds. To pay for these long-term expenses, all cemeteries in Ontario must set aside 40 per cent of the sale of every burial plot, putting the money in a dedicated trust fund.

TORSTAR NEWS SERVICE

No longer 'disturbing'

Ombudsman drops concerns about TCHC interference

Toronto ombudsman Fiona Crean says she no longer believes the Toronto Community Housing Corp. might be interfering with her investigation into its chief executive's hiring and promotion practices.

Fiona Crean
TORSTAR NEWS SERVICE

Crean had become worried when she read that TCHC CEO Gene Jones told reporters that the public-housing agency was going to conduct its own "third-party investigation" into staffing issues at the same time as her own investigation. She said the TCHC move was "disturbing" and unprecedented in her career. After speaking with Jones Thursday, she said her concerns were addressed.

TORSTAR NEWS SERVICE

Blessing for dogs

Dogs of all religious denominations — even the atheists — were showered with love by their owners on Sunday during a blessing ceremony at Allan Gardens. The blessing was led by Yogi Akal of the St. John Ambulance Dog Therapy Pack, seen here blessing Riel, a Portuguese Terrier mix. The animals received a certificate and, more importantly, a treat for their troubles.

KEITH BEATY/TORSTAR NEWS SERVICE

Nairobi attack victim being treated in T.O.

Sunnybrook Hospital. Family friend describes Fardowsa Abdi's leg as being 'shattered'

A Toronto-born teenager who was critically wounded in the deadly siege at Nairobi's Westgate Mall is back in Canada and recovering in hospital.

Fardowsa Abdi, 17, flew from Kenya to Toronto with her father and almost immediately went into surgery at Sunnybrook Hospital after she arrived Sunday, said Mohamed Dubet, a friend of the family who said he has known Fardowsa since she was a child.

He saw her Sunday night after she got out of surgery and described her leg as "shattered," but said the family was relieved she was back in Toronto.

Dheeman Abdi, left, and Fardowsa
CONTRIBUTED

Fardowsa and her 16-year-old sister Dheeman were wounded by the bullets and explosions at the mall when it was stormed by gunmen on Sept. 21. The teenagers' aunt, Hodan Hassan, earlier told Torstar News Service that Fardowsa's injuries were so severe she may never walk again.

"She has a long way to go if she's even going to walk again ... There's just bone in some parts of her legs," Hassan told Torstar News Service's Alex Ballingall last week.

The girls were born in Toronto, but moved to Kenya with their parents two years ago. They had been grocery shopping at the Nairobi mall when the terror attack began.

The Somalia-based and al-Qaida-aligned group Al Shabab claimed responsibility for the attack. Kenya's security services made another arrest Sunday in connection with the attack, a top official said, but declined to say how authorities believe the person was involved in the siege. Kenya has arrested 12 people since the attack but three have been freed, Interior Minister Joseph Ole Lenku said during a press conference.

TORSTAR NEWS SERVICE

'Kenyadians'

Close to 200 people from the Canadian Kenyan and Somali communities came together Sunday at Toronto's Metro Hall to show unity and support for the victims of the Nairobi attack.

Amid song, speeches and prayer, a simple message, handwritten by Wilfred Pande, summed up the feelings in the room: "We are one! Kenyadians. To hell with Terrorism."

For more coverage, see page 8.

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All Beaches and cream for beloved street vendor

Wayne 'Hollywood' Joice. Locals glad chatty pencil vendor has healed and is back 'where he belongs'

The sun shone bright Sunday in the Beach neighbourhood, making the sidewalk mums pop yellow, burgundy and orange. There were "to-go" coffees, strollers and the rumble of the 501 Queen streetcar.

And a girl with a tiny pumpkin in one hand bent down and plucked a pen with her other hand from a cup in front of a rumpled, friendly figure in trade for some loose change.

Wayne "Hollywood" Joice was finally back at his spot in front of the Foodland grocery store at the corner of Queen Street East and Lee Avenue, and all seemed right in the Beach.

He was back; some had believed him dead — news of his premature passing had even made a local newsletter — following serious health problems that landed him in hospital.

"I feel terrific, like the million-dollar man. In a way, I am, since I got this," said Joice, 54, pointing out a tracheotomy valve that he hopes might come out, and the hole sealed.

It was a terrible case of pneumonia that landed the man — whose nickname comes from warming up prospective customers with comparisons to Hollywood stars — in hospital, and he may have to live with the hole.

"They say the rest of my life, but I hope they take it out in two months."

"You fooled us!" said Margaret Pint.

"I didn't fool you. I didn't want to be dead!" joked Joice.

"Everybody's Marilyn Monroe to him," Pint told a reporter. "All the young chicks that walk past, it's, 'Hi Marilyn.'"

"You look like a Marilyn, too," declared Joice.

"Oh, you definitely need those glasses checked!" said Pint, who is in her late 60s.

"You don't look a day over 21," said Joice.

"Glad to see you back at your post," said former resident Richard Laporte, out for a stroll in his old neighbourhood. He's known Joice for years and was glad to see him "where he belongs."

"He's an institution down here and everybody loves him," said Pint.

TORSTAR NEWS SERVICE

Wayne "Hollywood" Joice is back selling pens at the corner of Queen Street and Lee Avenue in Toronto's Beach neighbourhood. He was hospitalized with a serious health scare, leading some Beach residents to believe he had died. Joice's return brought smiles, big thumbs-ups and pleasant conversations. JIM RANKIN/TORSTAR NEWS SERVICE

Settlement details in Wellesley class-action released

The apartment building at 200 Wellesley St. E. is adorned with a huge mural over many storeys, symbolic of a new beginning there. KEITH BEATY/TORSTAR NEWS SERVICE

More than 600 tenants, many with physical and mental health conditions, will share $4.85 million in compensation for lost property and injuries suffered after a six-alarm fire in a high-rise at 200 Wellesley St. E. three years ago.

"It was just inescapable that there was very serious amounts of damages to be confronted here," lawyer Brian Shell, who represented the plaintiffs, said Sunday. "It's a very fair outcome especially with regard to the risks that would have been present with a trial."

A class-action lawsuit launched against Toronto Community Housing Corp. and Greenwin Property Management Inc., the building's former operator, was settled in June, but the details are only coming to light now in a "plan of distribution" approved by Ontario Superior Court Justice Paul Perell.

"The proposed plan … is all of fair, reasonable, and in the best interests of the class," Perell wrote in his decision released Friday.

The majority of the recipients, 532, were awarded less than $20,000, including 241 due between $1,000 and $1,999. "It means they didn't have property loss or suffer injuries," Shell said.

Among the class members are 130 children. Eighty-one will get cheques for less than $2,000 and one will receive more than $10,000.

The fire marshal's report noted Stephen Vassilev, the resident in the unit where the fire started and whom neighbours and investigators identified as a hoarder, complained to TCHC in 2009 about someone in the unit above "throwing broken bottles and cigarette butts on his balcony."

Some of the 1,200 residents, who were displaced by the fire for weeks or months, accepted the TCHC's initial compensation offer after agreeing not to join the lawsuit or take legal action. The fire caused an estimated $1 million in damage.

Seven of the class members were awarded between $40,000 and $69,999. Two will receive between $70,000 and $76,500.

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Canadians in Egypt ordered detained for another 45 days

Time for PM to get involved? Families of Tarek Loubani and John Greyson planning their next step after disappointing news

MIKE DONACHIE
Metro in London, Ont.

The families of London, Ont.'s Tarek Loubani and Toronto's John Greyson were "disappointed" to hear the men's detention in Egypt had been extended for another 45 days.

But, following a statement Friday by the country's attorney general that more investigations were needed, they were not surprised.

Supporters of Tarek Loubani and John Greyson have been wearing buttons to draw attention to the case. ANGELA MULLINS/METRO

Greyson's sister, Cecilia, told Metro the Canadians, who have not been charged with any crime, are tired but physically OK, based on what their lawyers have said.

Although grateful for the help from the Canadian government, including direct representations by foreign minister John Baird, Greyson's family wants help to be stepped up.

"We need to continue to ask the Canadian government to continue the work it's already been doing, talking to Egyptian officials and asking for their release," said Cecilia Greyson. "The Minister of Foreign Affairs has been very concerned about the case. Minister Baird spoke to the Egyptian foreign minister on a couple of occasions this week.

"It may be time now that Prime Minister Harper talk to his Egyptian counterpart," she added.

IOC told Russian law won't affect gay athletes

Actress Ino Menegaki lights the Olympic Flame at Ancient Olympia in Greece on Sunday. Thomas Bach, the new IOC president, said Sunday he had received assurances from senior Russian officials and Games organizers that an ongoing controversy over the country's treatment of gays will not affect athletes at the Sochi Winter Olympics. DIMITRI MESSINIS/THE ASSOCIATED PRESS

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Kenya. Authorities make 12th arrest in mall siege as citizens demand info

Kenya's security services made another arrest Sunday in connection with the deadly Westgate mall attack, said a top official, who declined to say how authorities believe the person was involved.

Kenya has arrested 12 people since the attack but three have been freed, Interior Minister Joseph Ole Lenku said during a press conference. He declined to say if any of those arrested had been in the mall during the attack.

The four-day siege left 67 people dead, according to officials. Two of the dead were Canadians. The Red Cross says 59 people remain missing, though the government puts that number at zero.

Kenyans have become increasingly frustrated over the government's unwillingness to share information about the attack. Almost no details have been released about what happened after the first hours of the siege. THE ASSOCIATED PRESS

Sonali Shah, whose fiancé was killed in the Westgate mall attack, is consoled during a service in Nairobi on Sunday. SAYYID AZIM/THE ASSOCIATED PRESS

Chemical weapons

Officials set plan to disarm Syria

Inspectors who will oversee Syria's destruction of its chemical weapons said Sunday their first priority is to help the country scrap its ability to manufacture such arms by a Nov. 1 deadline.

That may include smashing equipment with sledgehammers, blowing up delivery missiles, driving tanks over empty shells and running machines without lubricant so they seize up.

On Friday, the UN Security Council ordered the Organization for the Prohibition of Chemical Weapons to help Syria destroy its chemical weapons by mid-2014. On Sunday, inspectors met with media in The Hague to explain their current plan of action.

"This hasn't been done before: an international mission to go into a country which is involved in a state of conflict and ... oversee the destruction of an entire category of weapons of mass destruction," said spokesman Michael Luhan. THE ASSOCIATED PRESS

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Nigeria. 44 students executed in their beds

Suspected Islamic extremists attacked an agricultural college in the dead of night, torching classrooms and shooting dozens of students as they slept in dormitories, the school's provost said — the latest violence in Nigeria's ongoing Islamic uprising.

The attack, blamed on the Boko Haram extremist group, came despite a 4 1/2-month-old state of emergency covering one-sixth of the country. Recent violence has led many to doubt assurances from the government and the military that they are winning.

Provost Molima Idi Mato of Yobe State College of Agriculture said that there were no security forces protecting the college. Two weeks ago, the state commissioner for education had begged schools and colleges to reopen and promised they would be guarded by soldiers and police.

Idi Mato said as many as 50 students may have been killed in the assault that began about 1 a.m. Sunday in rural Gujba.

Most schools in the area closed after militants on July 6 killed 29 pupils and a teacher, burning some alive in their hostels, at Mamudo outside Damaturu.

President Goodluck Jonathan condemned the attack on TV. He said he wondered whether the victims were Muslim or Christian.

Soldiers recovered 42 bodies and transported 18 wounded students to Damaturu Specialist Hospital, 40 kilometres north, said a military intelligence official. Two of the wounded later died.

Boko Haram leader Ababakar Shekau has said that his group wants to end democracy in Nigeria and allow education only in Islamic schools. Boko Haram means "Western education is forbidden."

THE ASSOCIATED PRESS

Too young

18-22

Provost Molima Idi Mato of Yobe State College of Agriculture said most victims were between age 18 and 22.

Car bomb kills dozens to cap off lethal week

Pakistan. Explosion shreds popular bazaar, setting old wooden structures ablaze

A car bomb ripped through a crowded street in Peshawar's oldest bazaar Sunday, killing 40 people in the third blast to hit the troubled Pakistani city in a week, officials said. No one immediately claimed responsibility for the attack.

The explosion appeared to have been caused by a bomb planted in a parked car and detonated by remote control, said police officer Zahid Khan. It went off near a mosque and a police station, damaging the house of worship and nearby shops and engulfing many vehicles in flames, police said.

At least 40 people were killed and 90 wounded, said Jamil Shah, a spokesman for Lady Reading Hospital.

The dead included 14 members of a single family who were visiting Peshawar to plan a wedding, along with their driver and an assistant, said relatives.

Many of the old buildings in the historic Qissa Khawani market are made of wood, which easily caught fire, said senior police officer Shafqat Malik. THE ASSOCIATED PRESS

Victims by the score

Such attacks in Peshawar have claimed more than 140 lives since last Sunday, when two suicide bombers blew themselves up at a church, killing 85 people.

- **On Friday,** 19 people died when a bomb planted on a bus exploded.

A Pakistani man carrying a child rushes to safety shortly after a car bomb exploded in Peshawar on Sunday. MOHAMMAD SAJJAD/THE ASSOCIATED PRESS

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Greek MP of the extreme far-right Golden Dawn party, Christos Pappas, shouts as he exits police headquarters, escorted by anti-terror police in Athens, Sunday. FOSPHOTOS/PANAYIOTIS TZAMAROS/THE ASSOCIATED PRESS

Greece cracks down on far-right Golden Dawn

Charged. Six Greek parliamentarians who belong to the extreme anti-immigrant party now in custody

A Greek lawmaker sought by police surrendered on Sunday, bringing to six the number of legislators from the extreme-right Golden Dawn party now in custody and accused of being members of a criminal organization with intent to commit crimes.

The government crackdown on the fiercely anti-immigrant party marks the first time since 1974 that sitting members of a Greek Parliament have been arrested. The arrests underline the government's efforts to stifle Golden Dawn, which has been increasingly on the defensive since the Sept. 17 fatal stabbing of a Greek man blamed on a Golden Dawn supporter. Thirteen Golden Dawn members and two police officers also have been taken into custody, and arrest warrants issued for 11 other suspects.

As he turned himself in at police headquarters in Athens on Sunday, Christos Pappas — a parliamentarian described as Golden Dawn's No. 2 official — condemned the crackdown on his party and the austerity measures imposed during the bailout of Greece's economy. Last year's election put 18 Golden Dawn members in the Greek parliament.
THE ASSOCIATED PRESS

'Long overdue'

Golden Dawn won only 0.29 per cent of the vote in a 2009 national election in Greece. But their popularity exploded as they capitalized on resentment over illegal immigrants.

- On Sunday, the European Jewish Congress welcomed the crackdown calling it "a long overdue move."

Cyber attacks

U.K. to recruit hundreds to protect vital data

Britain's defence secretary says it is recruiting hundreds of experts for a new cyber force designed to protect the nation's vital data — and stage cyber attacks if necessary.

Philip Hammond says the Joint Cyber Reserve Unit aims to boost Britain's offensive and defensive capabilities in an age of increasing threats from cyber espionage and cyber sabotage.

The defence minister said Sunday that the recruitment drive, to launch in October, will target military reservists and those leaving the armed forces. It will also welcome computer experts with no military experience.
THE ASSOCIATED PRESS

Israel warns the U.S.

Don't be fooled by Iran: Netanyahu

Mortified that the world may be warming up to Iran, Israeli Prime Minister Benjamin Netanyahu is taking an unpopular message to the White House and the United Nations this week: Don't be fooled by Tehran's new leadership.

Netanyahu contends Iran is using conciliatory gestures as a smoke screen to conceal an unabated march toward a nuclear bomb.

He will deliver those strong words of caution — and fresh intelligence — in an attempt to persuade the U.S. to maintain tough economic sanctions and not allow the Islamic republic to develop a bomb or even move closer to becoming a nuclear threshold state.
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Charles Dickens' third son was an Alberta Mountie

Lesser Expectations.
Author of a new book on Dickens' son says the great writer wasn't much of a father

Charles Dickens was one of England's most-respected writers during the 19th century, but he wasn't much of a father, and that may have had an impact — even a small one — on Canadian history, says the author of a new historical novel that focuses on the younger Dickens' life as a Mountie.

Veteran journalist Vic Parsons of Victoria, B.C., recently self-published Lesser Expectations: Charles Dickens' Son in North America, which explores the father-son dynamic between the respected writer and his third son and fifth child, Francis.

Based on years of research, including time in the national archives in Ottawa, Parsons said he has concluded Dickens wasn't a great dad and only two of his sons, excluding Francis, likely ever met his great expectations.

Parsons said he believes because of that poor relationship, Francis grew into a man who was reticent to take charge, especially as a commissioned officer in the North West Mounted Police.

Parsons pointed to one incident while Francis was posted to Blackfoot Crossing, southeast of present-day Calgary.

He had joined the North West Mounted Police, the precursor to the Royal Canadian Mounted Police, in 1874 after time in India with the Bengal Mounted Police.

While at Blackfoot Crossing, Francis arrested a man named Bull Elk, a member of the Blackfoot, who had fired his rifle during a dispute over the sale of a cow's head.

After a short investigation, Francis decided Bull Elk should stand trial at Fort Macleod, west of present-day Lethbridge, on a charge of attempted murder.

But a crowd of about 700 Blackfoot warriors, some wearing war paint, formed outside the police building.

Francis called for the chief and decided to turn Bull Elk over to the native leader instead. However, his superior officer was upset at this and sent 20 police to seize Bull Elk and place him on trial. Bull Elk was subsequently found guilty of attempted murder.

A tombstone over the grave of Francis says "Third son of the author Charles Dickens."

THE CANADIAN PRESS

Francis Dickens

"What I've tried to do ... is to try to say, you know, this was kind of a guy who came from greatness in a sense... that Charles was a very popular writer, well-known, and his children never ... led up to his own expectations." Journalist Vic Parsons of Victoria, B.C., recently self-published Lesser Expectations: Charles Dickens' Son in North America.

Police dads remembered

Kayleb Pineo, 11, and his mother Natasha, son and widow of RCMP Const. Derek Pineo, attend the Canadian Police and Peace Officers Memorial Service on Parliament Hill Sunday. Const. Pineo was killed in the line of duty in Saskatchewan in 2012. FRED CHARTRAND/THE CANADIAN PRESS

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Italy. Berlusconi softens brinkmanship stance after angering key allies

Former premier Silvio Berlusconi appeared to backpedal Sunday in his strategy aimed at collapsing Italy's fragile coalition government and triggering early elections, after some key supporters chafed at his order to quit Cabinet.

In online comments, Berlusconi said he would continue to back the governing coalition but only to pass specific measures on his party's agenda, namely averting an imminent increase in Italy's sales tax and the elimination of a homeowners' tax due in December.

Berlusconi had demanded those resignations in a show of solidarity ahead of a Senate vote to strip him of his seat because of his tax-fraud conviction and prison sentence.

In a rare challenge, three of Berlusconi's five ministers in Premier Enrico Letta's government indicated they might help Letta survive the confidence vote he has called for Parliament to determine if the five-month-old government can survive.

THE ASSOCIATED PRESS

Hunger strike

Pussy Riot member in prison hospital

The husband of an imprisoned member of the Russian punk group Pussy Riot says she has been moved to a prison hospital on the seventh day of a hunger strike.

Nadezhda Tolokonnikova began the hunger strike on Sept. 23 to protest what she described as inhumane working conditions and threats to her life at a women's penal colony.

Her husband, Pyotr Verzilov said she was hospitalized Sunday. He described this as a positive step.

THE ASSOCIATED PRESS

Russia court jails remaining eight Greenpeace activists

Held pending probe. No charges yet against activists but prosecutors considering charging them with piracy

A court in the northern Russian city of Murmansk on Sunday sent all eight remaining Greenpeace activists to jail for two months, showing no leniency toward any of the 30 people detained for a protest at a drilling platform in Arctic waters.

Twenty activists — including Canadians Paul Douglas Ruzycki, of Port Colborne, Ont., and Montrealer Alexandre Paul — and two journalists were ordered jailed for two months during a marathon court session on Thursday that stretched late into night, but the court had ruled to hold the remaining eight only until new hearings could be held on Sunday.

Protesters and activists demonstrate in front of the Russian Embassy in Bern, Switzerland, Sunday in support of the Greenpeace activists arrested in Russia. PETER KLAUNZER-KEYSTONE/THE ASSOCIATED PRESS

The Russian Coast Guard disrupted an attempt on Sept. 18 by two of the activists to scale an offshore platform owned by Russian state-controlled energy giant Gazprom.

Greenpeace Russia campaign director Ivan Blokov has described the seizure of the ship as "the most aggressive and hostile act" against the environmental organization since French government agents bombed the Rainbow Warrior ship in 1985, killing one man. Peter Willcox, an American who captained the Rainbow Warrior, also is the captain of the Arctic Sunrise.

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Dark side of the sun

CASSIOPE. Satellite blasts off to study solar storms, which can produce both beauty and headaches on Earth

The Aurora Borealis, those beams of light that dance across the northern sky, may look pretty, but a Canadian satellite is about to study a nasty side lurking behind that beauty.

The small hybrid satellite, with a multi-purpose mission, blasted off on Sunday from Vandenberg in California on board a Falcon 9 rocket developed by SpaceX, a commercial space company.

The Canadian Space Agency became one of SpaceX's first customers when the agency decided years ago to use the private U.S. rocket to deliver the satellite at a reduced cost of $10 million.

It cost the space agency $63 million to develop the satellite.

Its scientific payload will take a closer look at the Earth's upper atmosphere and allow scientists to collect new data on space storms.

Greg Enno, of the University of Calgary, says the CASSIOPE (Cascade SmallSat and Ionospheric Polar Explorer) satellite will focus on the interaction between the sun and the ionosphere (the upper atmosphere).

More specifically, it will study the effect of solar storms on radio communications, satellite navigation and other ground-based technologies.

Why is that important?

"Because the sun sends out big plumes of energy from its surface and they wallop our atmosphere and its magnetic field and affect GPS users — especially aircraft," Enno said.

"It actually changes their position. And that's one of the reasons why we can't use GPS to land aircraft."

When plasma and particles from the sun enter the upper atmosphere they usually cause the stunning northern lights, but they also affect things like hydroelectricity systems.

Enno said data collected by CASSIOPE during its two-year mission should make it a lot easier to predict the impact of solar storms on Earth.

THE CANADIAN PRESS

Atmosphere

CASSIOPE's science mission, which was developed by 10 Canadian universities, will also study the workings of the atmosphere, which has been losing mostly hydrogen and helium gases — and oxygen. But Enno stressed we shouldn't worry.

- "The Earth's plants have not reached equilibrium yet," he said. "They're still putting more oxygen in the air than we're losing."
- Enno said scientists who study the Earth's atmosphere want to get a better idea of what it will look like down the road.

A view of the Aurora Borealis near Yellowknife in March 2012. A Canadian satellite is about to study solar storms and their disruptive effects on Earth-based technologies like GPS. BILL BRADEN/THE CANADIAN PRESS

Tory convention

Hudak not backing down on union membership issue

Progressive Conservative Leader Tim Hudak is sticking to his guns on a controversial proposal to end mandatory union membership, even though his party appears to be split over the issue.

Tim Hudak
THE CANADIAN PRESS

The idea got the green light at last weekend's Tory policy convention, but only by a narrow margin.

It passed with 53 per cent of the delegates supporting it, and a party member who participated in the closed-door debate said the audience was divided.

If it ends up in their campaign platform, it could spark a backlash among the broader public-sector workers in vote-rich Toronto, which the Tories need to form a majority government. THE CANADIAN PRESS

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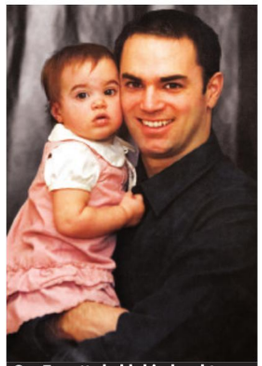
Case of doctor who killed his children returns to court

Crown seeking new trial. Guy Turcotte is now a free man after spending some time in a mental hospital



Guy Turcotte holds his daughter Anne-Sophie in this undated photograph. CONTRIBUTED MONTREAL LA PRESSE/THE CANADIAN PRESS

Isabelle Gaston is bracing for another impending calvary.

The Quebec mother lost her two young children who were stabbed to death by their father, the cardiologist Gaston was married to.

After those 2009 slayings, each gory detail was sifted through in a highly publicized trial that served as gossip fodder in Quebec.

Gaston then watched as her ex-husband was found not criminally responsible of the crime in the summer of 2011. He was eventually deemed fit for release from a mental institution, where he'd been housed following a total of 46 months in custody.

So Gaston says she's treating the Crown's appeal of Guy Turcotte's verdict, to be heard in Montreal this week, with a heavy dose of trepidation and skepticism.

Turcotte's criminal case — and the jury's verdict — infuriated many Quebecers. The case is among several across Canada to spur new federal legislation aimed at making it harder for those found not criminally responsible to gain their freedom.

During the murder trial, Turcotte had admitted to stabbing his young children, three-year-old Anne-Sophie and five-year-old Olivier, 46 times. He then ingested windshield wiper fluid in a failed attempt to commit suicide that night in February 2009.

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Ad campaign

Girl Scouts try recruiting via social media

The Girl Scouts of the USA is launching an unorthodox recruitment campaign featuring Michelle Obama, aimed at reversing a long-running decline in participation by girls and adult volunteers.

Instead of placing ads on TV, in newspapers and on billboards, the decentralized campaign will unfold in neighbourhood initiatives and on social media as local Girl Scout councils directly target elementary-school girls with promises of adventuresome fun. THE ASSOCIATED PRESS

Michelle Obama
THE ASSOCIATED PRESS

Retail. The once-quiet grocery biz has turned cutthroat

The battle to bag your supermarket business is fiercer in 2013 than it has been in years, with grocers pulling out all the stops to get both price-savvy and health-conscious consumers through the checkout.

The overhaul of food retailing this year is the backdrop to the Grocery Innovations Canada conference, which starts Monday in Toronto.

For two days, Canada's largest grocery industry trade show will host 5,000 retailers and experts who are dealing with mega-mergers, rapid floor-space expansion and new entrants into the once-quiet sector. "It's a tough game to be in now," says Kevin Grier, senior market analyst at the George Morris Centre in Guelph. The market has undergone big changes, with discount retailers Walmart and Target also duking it out in the food aisles. TORSTAR NEWS SERVICE

Medical weed supply reborn as free market

Health Canada. Under the new system, users will get their pot from large-scale farms that are RCMP-certified

Government officials project that the medical marijuana industry in Canada could eventually see revenues of $1.3 billion a year. TORSTAR NEWS SERVICE FILE

The Conservative government is launching a $1.3-billion free market in medical marijuana this Tuesday, eventually providing an expected 450,000 Canadians with quality weed.

Health Canada is phasing out an older system on Monday that mostly relied on small-scale, homegrown medical marijuana of varying quality, often diverted illegally to the black market.

In its place, large indoor marijuana farms certified by the RCMP and health inspectors will produce, package and distribute a range of standardized weed, all of it sold for whatever price the market will bear. The first sales are expected in the next few weeks, delivered directly by secure courier.

"We're fairly confident that we'll have a healthy commercial industry in time," Sophie Galarneau, a senior official with the department, said in an interview. "It's a whole other ball game."

The sanctioned birth of large-scale, free-market marijuana production comes as the Conservatives pillory Liberal Leader Justin Trudeau's campaign to legalize recreational marijuana.

Health Canada is placing no limits on the number of these new capital-intensive facilities, which will have mandatory vaults and security systems. Private-dwelling production will be banned. Imports from places such as the Netherlands will be allowed.

Already 156 firms have applied for lucrative producer and distributor status since June, with the first two receiving licences just last week.

The old system fostered only a cottage industry, with 4,200 growers licenced to produce for a maximum of two patients each. The Mounties have complained repeatedly these grow-ops were often a front for criminal organizations.

The next six months are a transition period, as Health Canada phases out the old system by March 31, while encouraging medical marijuana users to register under the replacement regime and to start buying from the new factory-farms. THE CANADIAN PRESS

Current users

37,400

There are currently 37,400 medical marijuana users recognized by Health Canada, but officials project that number will swell to as many as 450,000 people by 2024.

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MISSED CHANCE FOR REAL BUILDING

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

After soaring highs, there are now signs that Toronto's condo boom ain't what it used to be.

I don't want to get doom-and-gloom about it. I'm not expecting a full-scale crash. But it was never reasonable to think that the frantic pace of construction in this city could continue forever.

But whatever the future holds for the city's condo market, now is probably a good time to look back on Toronto's long boom and face the facts: we blew it.

The period was an opportunity, and — with few exceptions — Toronto failed to capitalize.

For proof, look no further than development hot spots like Liberty Village or CityPlace. The city brought thousands of people into these new neighbourhoods but — even with boatloads of cash changing hands — wasn't able to muster much in the way of new public spaces, affordable housing units or improvements to local transit.

Instead, those new residents were squeezed onto the same level of transit service that existed before they moved in. And even as thousands of new market housing units go up, the city's waiting list for affordable housing grows each year.

And funnily enough, it's only now — with signs that the market may be slowing — that city hall is getting around to substantially increasing the development charges that builders pay to the city to fund new infrastructure. Toronto's rates have lagged significantly below the GTA average, with developers in cities like Markham and Mississauga paying up to three times as much on a per-unit basis.

It hasn't all been missed opportunities. In itself, the condo boom meant more people were moving into dense neighbourhoods and seeking urban lifestyles. That's an environmental win. And the hot market was an essential part of moving important projects forward, such as the revitalization of Regent Park and the ongoing waterfront rehab.

But it's hard not to think we could have done better. Some politicians are fond of saying that cities should be run like a business. But, following that logic, it'd seem that a booming real-estate market and a growing population would be signs that business is good.

So why is it that Toronto politicians have spent much of the boom times screaming about budget crises and trying to scrounge together cash to fix deteriorating infrastructure?

There's a disconnect there that needs to be addressed. If the latest indication of slowing holds, we may have missed our chance with this boom. Let's do better with the next one.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

ZOOM

Space oddity: Noctis Labyrinthus

COURTESY NASA/JPL/UNIVERSITY OF ARIZONA

Red Planet lookin' a little blue

Judging by this image of our neighbouring world, Mars isn't always the "Red" Planet. Taken by NASA's Mars Reconnaissance Orbiter (MRO), the photograph shows the colourful area of the Noctis Labyrinthus region, perched high on the Tharsis rise in the upper reaches of the Valles Marineris canyon system. **METRO**

Valles Marineris stretches east-west just below Mars' equator.
COURTESY NASA

The grand, grand, *grand* canyon

Covering nearly a fifth of the circumference of Mars, the Valles Marineris is the largest canyon system on the planet. Spanning a colossal 4,000 kilometres, the canyon system can reach depths of 10 kilometres and is at some points 200 kilometres wide. If the system were located on Earth, it would stretch across the U.S., from L.A. to the Atlantic coast. **METRO**

Falling into the abyss

The Valles Marineris system is believed to be the result of the formation of the nearby Tharsis volcanic region, home to Olympus Mons, the solar system's largest volcano. As the region swelled with magma billions of years ago, the planet's crust stretched and split, collapsing into a vast, deep canyon. **METRO**

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Three weeks into its Canadian debut, Kickstarter Canada's been funding everything from alien adventure/action games to animated shorts to new technologies you never knew you needed. Meet the products you probably don't need but will feel super cool having.

CONTRIBUTED

Polar Pen:

With 17 days left to go, the "world's first" modular magnetic pen has already reached more than 3,000 per cent of its funding. Not only would the silver (or 24K gold) bits look hot on your desk, they'd also give you something to play with when writer's block hits.

Peachy Printer:

Again with the "world's first," this 3D printer claims to be among the cheapest ($100) and smallest 3D printers (that also doubles as a scanner). The pared-down design keeps the cost of the device low without using cheap parts. Twenty-one days left — and almost 1,000 per cent funded — to get in on the action.

AppSeed:

From sketch to prototype with just a smartphone, the AppSeed helps designers turn their ideas into functioning models. With 10 days to go and $13,000 up, these Toronto-based designers are at 45 per cent of the $30,000 goal.

Letters

Mental Health Act needs reform

On Sept. 16, I lost the love of my life. She took her own life by jumping off an 11-storey building where we lived. Michelle has had a lifelong history of mental health issues related to childhood trauma and abuse. However, due to certain clauses of the Mental Health Act, Michelle has not received proper treatment, as most mental health agencies and crisis units at hospitals will not admit her, citing the Human Rights Act. Over the last few years, I've worked tirelessly to access treatment for Michelle with many community agencies. Various mental health workers, psychiatrists, doctors, nurses, and probations officers have told me numerous times that they cannot force her to take medication or receive mental health treatment if she does not choose to. The problem was, however, Michelle didn't understand how sick she was. When a person is as suicidal as Michelle was, there needs to be intensive intervention if it means saving a life.

Bill Martin, Toronto

WE WANT TO HEAR FROM YOU:
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SCENE 2

iTunes Festival

Justin Timberlake

Venue. Live from the Roundhouse in London, U.K.

The problem with live streaming is the technical difficulties. Would have loved to tell you how awesome Justin Timberlake's opening Only When I walk Away was, but I could only hear it. Crowd seemed to love it. But it wasn't until the next song, Sexy Back, when the technical glitches resolved and I could see Timberlake, surrounded by blazing purple and red lights and smokin' hot in a black suit (but no tie), white penny loafers and fedora. Timberlake was backed by a quartet of singers and a pit of musicians, including brass and electronic. Dude still has moves, paying homage to Michael Jackson as he went and still has pipes, his gorgeous falsetto hitting the high notes in Cry Me a River with ease. Watching the concert through the iTunes store means getting close enough to see every sweat drop run down Timberlake's face. He gave the crowd what they wanted – a mix of old hits and songs from his upcoming album The 20/20 Experience – Part 2, which drops today. ELISHA DACEY/METRO

EACH MONDAY IN SEPTEMBER, METRO REVIEWED ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON – AND STREAMING ONLINE IN HD – THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. P.T. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONEWS.CA

Going light on the legal

Interview. Franklin & Bash is set in the courtroom but it's more about the relationship between the two lawyers

NED EHRBAR
Metro World News in Hollywood

Franklin & Bash is a show about lawyers sans all that legal stuff. CONTRIBUTED

Mark-Paul Gosselaar and Breckin Meyer are currently enjoying the third season of their comedy-drama legal series, Franklin & Bash, about two — let's say unconventional — young attorneys. They're so comfortable that it can be tough to distinguish them from their characters sometimes, except, as Gosselaar points out, Meyer's Jared Franklin is much funnier than Meyer himself.

There are a lot of shows about lawyers. What makes this one unique?

Mark-Paul Gosselaar: I think what separates our show most is the relationship between the two guys, Franklin and Bash. When I was pitched the show, I had just come off a TNT show playing an attorney, so the last thing I wanted to do was play another attorney. But being an attorney and the law aspect of the show sort of takes a back seat really to the relationship between these two guys. And that, I think, isn't in lawyers shows as much as they are in cop shows, maybe, or some other genres. But I think that's the first time that I read a script about two lawyers who have this sort of relationship — and I'd like to say that we came out before Suits because Suits has sort of the same dynamic.

Breckin Meyer: And I think the thing you don't get when you're dealing with these "case of the weeks," the one thing we have with the show — and it's because of the relationship — is the fun, is the comedy. It's not like Airplane, it's not a satire of a legal show. It's just that these guys are younger than most lawyers that they go up against, younger than the judges, and they tend to go about it in... a feistier way. If that means Jerry getting drunk during a cross-examination or Peter making out with one of the witnesses to win the case, so be it. They're kind of still feisty.

After three seasons, how comfortable are you in the roles?

Gosselaar: I think we're pretty comfortable, but also I think that we still, to this day, are very hard on ourselves, and I think we're very hard on the show in terms of trying to produce a product that we enjoy being on and that the fans will enjoy. I don't think we're comfortable in the sense that it's the third season and we're just sort of letting the show manifest into itself. I think we're still very much a part of it and we're still hungry. We only do 10 episodes a season, so for us in three seasons, we've done basically a season and a half of a network show. So for us it doesn't feel like we've done that much. A lot has happened in three years. I mean, Breckin is old now.

Meyer: And you don't stop aging. It's insane.

Gosselaar: I drink blood. I drink Breckin's blood, actually, that's how. Our characters are a magnification 100 per cent of who we are in real life. What we play on television is not too far from the type of people that we are, but they're completely magnified. I like to work out, I like to feel good about myself and look good, but Peter takes it to a whole other level. Breckin is kind of funny in real life, but he's really funny on the show.

How much time have you actually spent in a courtroom to research this job?

Gosselaar: For this job? None.

Meyer: And we'll say to Bill, our co-creator, a lot — like with me being drunk or whatever — we'll say, "What would happen if I really did that in court?" And he says, "You'd get thrown in jail," ... Bill says if you learn anything about the law watching our show, we're doing you a disservice.

Show

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Fox falls to Williams

Television. The Crazy Ones debuts with 15.2 million viewers and leaves Michael J. Fox show trailing in return of sitcom veterans

Michael J. Fox. CONTRIBUTED

Robin Williams has early bragging rights over Michael J. Fox in the competition between two sitcom veterans returning to network TV — with an asterisk.

The Nielsen company said Friday that Williams' new CBS comedy, The Crazy Ones, debuted before 15.6 million people on Thursday night. It competed directly at 9 p.m. Eastern with The Michael J. Fox on NBC, which was seen by 7.2 million people.

Williams, who plays an advertising executive working in a firm with his daughter, had a huge advantage.

His new sitcom directly followed a new episode of television's most popular comedy, The Big Bang Theory, which was seen by 19.5 million people in the second of a two-part season premiere.

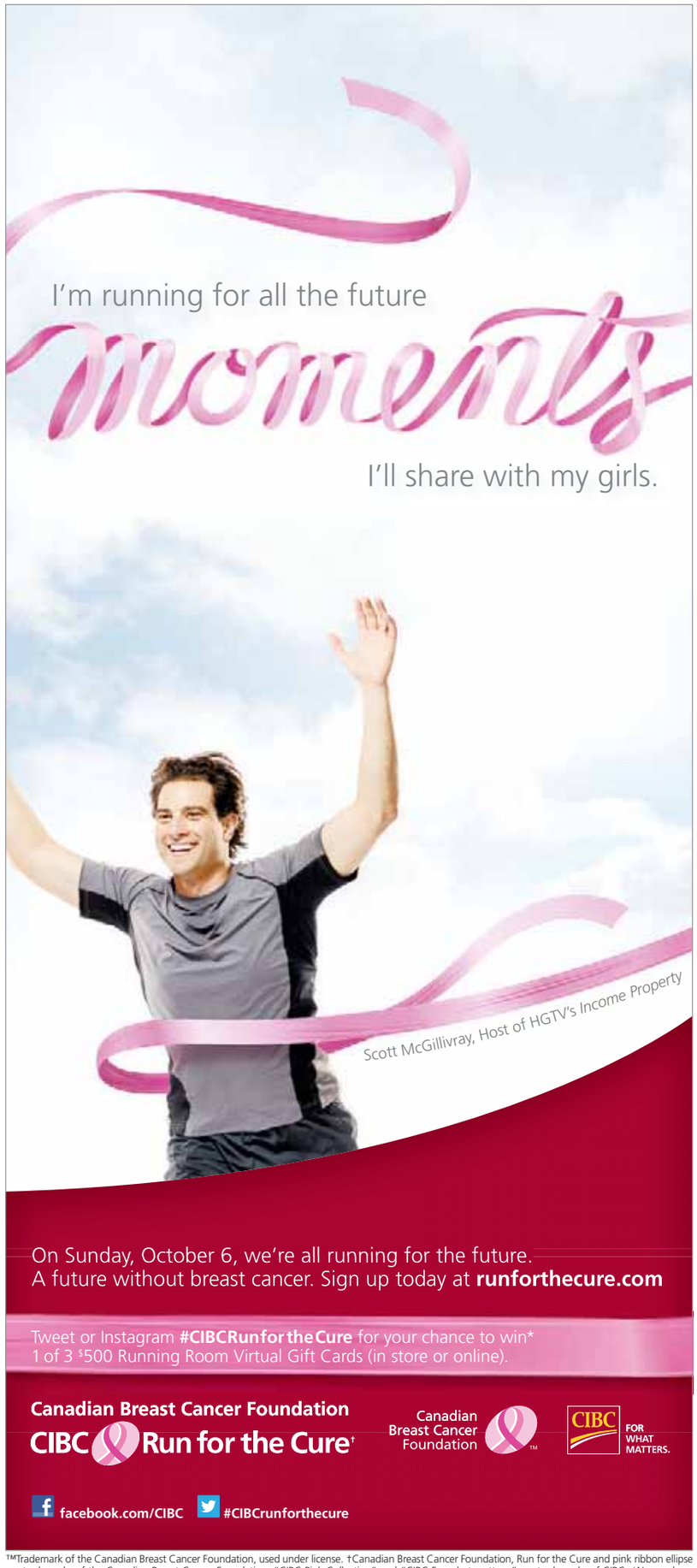
By contrast, the second half hour of Parks & Recreation on NBC, which preceded Fox's new show, had less than 3 million viewers.

CBS succeeded in getting people to sample Williams' new show by scheduling the extra Big Bang episode.

Moving forward, however, The Crazy Ones will be preceded by another new show, The Millers, on the CBS schedule.

"I really think you have to sit and wait to see what happens," said Brad Adgate, researcher for Horizon Media.

THE ASSOCIATED PRESS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Moby aiming for his imperfect perfection

New album. The electronic musician isn't afraid of working outside the box on his latest effort — a collaborative album called the Innocents

New music from Moby is a relative thing.

The veteran DJ notes his latest 12-track disc is set for release tomorrow but was completed way back in February — an eternity in this day-and-age of instant releases geared to capitalize on of-the-moment trends.

But that's just how Moby operates, and the 48-year-old electronic musician makes no bones about the fact that Innocents sounds nothing like the bombastic pop songs that dominate current charts.

"I'm not the target audience for it, you know, I'm not 13, but so much music today — and I'm not even saying this as a criticism, it's just more a statement of fact — it's crafted and disingenuous," Moby said earlier this summer during a promotional stop in Toronto.

"It's expressing emotion and sentiment that people think will work well on the radio."

Commercial success is clearly of little concern.

What Moby does cherish is a meticulously crafted album, and with Innocents he admitted to stepping outside of his normal routine "to genuinely collaborate with people."

For the first time in his career, he relied on a co-producer — Mark (Spike) Stent, who has worked with Lady Gaga, Madonna and Maroon 5 — and sought co-writers including Toronto's Cold Specks, Flaming Lips frontman Wayne Coyne, past Moby vocalist Inyang Bassey and Queens of the Stone Age collaborator Mark Lanegan.

"In the past when I've had singers on my record, usually it's singers I've brought in to sing songs that I've written and this time I wanted to see what it would be like to send someone an instrumental and have them write all the lyrics and vocal melodies without any direction from me and just see what they come up with," he said.

"When I would send someone an instrumental and they sent back their vocals and the lyrics and vocal melodies, almost in every instance, the results were really great."

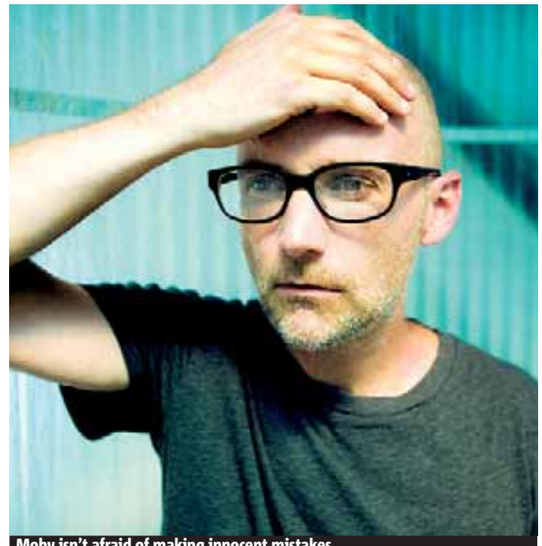
Canuck songstress Cold Specks helmed the first single released over the summer, the atmospheric A Case for Shame.

Moby gushes over the uniquely mournful qualities in her voice, noting he met her on the recommendation of Mute Records founder Daniel Miller.

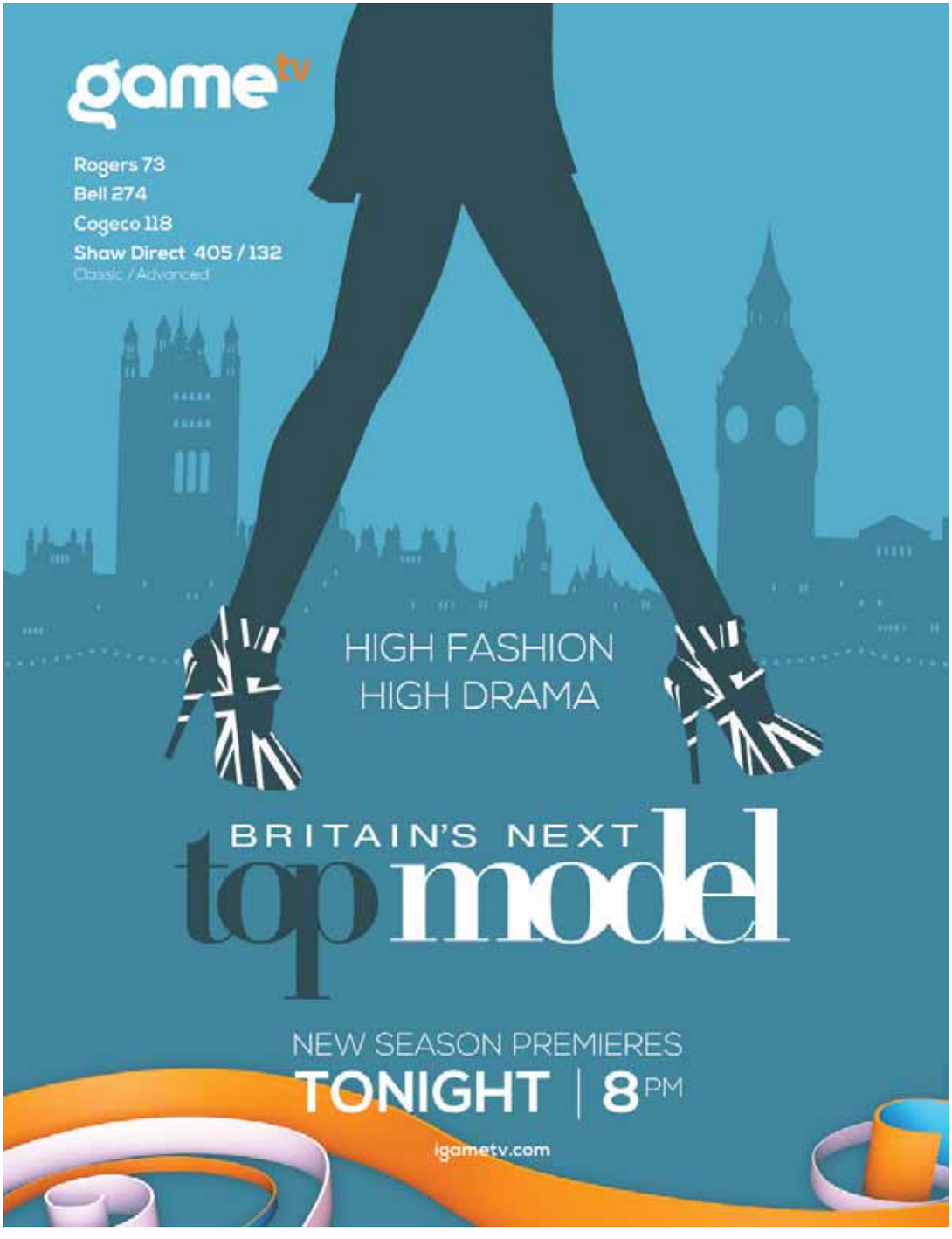
"There are these sort of qualities to her voice, there's like a darkness but an innocence, and very unconventional beauty," said Moby, adding that they connected over a shared love of austere, plaintive blues music.

"She's not classically trained so she'll sing intervals that most singers wouldn't sing but she somehow makes them sound great."

THE CANADIAN PRESS



Moby isn't afraid of making innocent mistakes on his latest album. CONTRIBUTED



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

Bieber lays down the law while Gaga bickers online

STAR GAZING
Malene Arpe
scene@metronews.ca

Justin Bieber reportedly kicks out his buddies Lil Za and Lil Twist after some jewelry goes missing from his house. Perhaps now there will finally be room for Lil Suspenders and Lil Shirt to move in.

Pamela Anderson is going to be running the New York City Marathon. Unfortunately she will apparently not be doing so in slow-motion, wearing a red bathing suit.

Kevin Federline says that he will not allow Britney to haul their son Sean Preston on stage during her upcoming Vegas show. And if she doesn't heed him he'll immediately retain a lawyer using her money.

Robert Pattinson brought a "mystery brunette" to a friend's birthday party. It was either that or the "intrigue redhead," but she was busy at an anniversary brunch.

Kanye West complains that six years ago Fendi ignored his design for leather jogging pants. In Fendi's defense let's not forget that Kanye's collection of cement hats was a severe disappointment.

Miley Cyrus says Justin Bieber should keep his shirt on and stop acting crazy. That explains why my kettle and my pot just threw up from laughing and then exploded.

Gerard Butler, Nikolai Coster-Waldau and Geoffrey Rush will play Set, Horus and Ra in The Gods of Egypt. Because nothing says sacred Egyptian mythology like a bloated Scot, a skinny Dane and an Australian pirate.

Lady Gaga and Adam Levine get into a twitter war that starts out being about the nature of art but quickly devolves into grammar shaming. It's exactly like that time when Picasso and Hemingway wrote angry notes to each other in the margins of the afternoon paper.

Twitter

@Harry_Styles
We don't need no piece of paper from the city hall.

@TheRealNimoy
Tried a mind meld with a congressman...PAIN !!

Words keep co stars Radcliffe and Hamm close

Jon Hamm

How do A Young Doctor's Notebook co-stars Jon Hamm and Daniel Radcliffe keep in touch? With the mobile game Words with Friends, Hamm tells E! News. "Because that's basically the 21st century way of staying in touch," he says. "He's wildly intelligent and super-funny and super-talented. I like to have people in my life who are all three of these things."

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Forty-eight per cent of children aged 11 and older have a cellphone. ISTOCK

Book excerpt

Smartphone vs. kids

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Smartphones. Do kids need one? I go back and forth on this one. While it's great that we can use our smartphones to stay in touch with our kids, it's not so great that they can use their smartphones to stay in touch with us. When I need to get a hold of them, it's important. When they need to get a hold of me, it's usually to ask me to do something. I don't need them to have immediate access in one of those scenarios. According to a President's Choice survey, 48 per cent of children 11 and older have a cellphone. Take my advice and teach them how to use this cellphone in a safe and polite way. Just because we blazed the trail by using these marvels of technology in cars, while walking across busy streets, and in the middle of romantic dinners, does not in any way mean we have to pass on these rude and dangerous methods to our children. Help put the "smart" back in smartphone. **FROM I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS BY KATHY BUCKWORTH, PUBLISHED BY MCCLELLAND & STEWART, 2013. AVAILABLE AT BOOKSTORES EVERYWHERE.**

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The McCafé is a parent's play place. Find out why with exclusive Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious bestselling book Reasons Mommy Drinks, at metronews.ca/voices.

Balancing act: Finding fam time

Book. Don and Debra MacMannis share tips on how to strengthen family ties

Parents might often feel they are running a daily gauntlet, from backpacks and breakfast in the morning to bedtime tuck-ins. But every now and again, parents should take a few minutes to check in with each other and their children.

One therapist couple, Don and Debra MacMannis, have 10 tips in a new book — How's Your Family Really Doing? — they say are needed to create lasting bonds

Don, a child psychologist who also writes music for children, says the book was inspired after 35 years of families reaching out for help, often asking the same questions.

The couple had some advice on how families can form stronger ties, starting with taking time to connect.

The in-between times

Catch moments in between — like driving in the car, eating a snack, walking the dog — to share thoughts and feelings with your loved ones.

Tip

Use voicemail, email or texts to send your love or to check in on how your partner's day is going. Little gestures help us feel loved.

Be affectionate

Too many parents give all of their love and attention to the kids. Make a conscious decision to be more affectionate with your partner. Remember the early days of courtship when you held hands, kissed and hugged hello and goodbye (and then some), shared back rubs or cuddled up on the couch? Do that again.

Just listen

Deeply listening to one another can be a profound way to reconnect if distance has crept between you. If you are the listener, make eye contact, take deep breaths to keep yourself centered, and remember not to give unsolicited advice.

There are easy ways to bring your family members closer together. ISTOCK

Every bit counts

Words and gestures can also be affectionate. We obviously feel more loved when complimented rather than criticized. Use fun nicknames and don't forget to say the precious words: "I love you."

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Bye-bye barbecue season: Chicken kebabs with sauce

1. In a large zip-close plastic bag, combine the water, salt, paprika and pepper. Close the bag and shake to blend, then add the chicken. Seal the bag, then turn to coat the chicken. Refrigerate for 30 minutes. If using wooden skewers for the kebabs, soak them in water while the chicken brines.

2. Meanwhile, in a blender or food processor, combine the bananas, ketchup, jalapenos and vinegar. Puree until very smooth. Set aside.

3. When ready to cook, heat the grill to medium-high. Use an oil-soaked paper towel held with tongs to oil the grill grates.

4. Remove the chicken from the brine, then thread the pieces onto 4 skewers. Grill, turning regularly, until cooked through, about 12 minutes total. Using a basting brush, lightly coat the kebabs on all sides with chili-banana sauce, then grill for another minute. Transfer the kebabs to serving plates, then drizzle with additional sauce. THE ASSOCIATED PRESS

Ingredients

- 1/2 cup water
- 1 tsp kosher salt
- 1 tsp smoked paprika
- 1/2 tsp ground black pepper
- 1 1/4 lbs boneless, skinless chicken breasts (about 3), cut into 1-inch chunks
- 1 1/2 bananas
- 1/2 cup ketchup
- 1 to 2 whole fresh jalapenos (for less heat, split them open and remove the seeds and ribs)
- 2 tbsp red wine vinegar

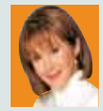
This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Correction

Friday's Beekman Boys article wrongly identified The Beekman 1802 Heirloom Dessert Cookbook as the couple's first book release. It is actually its second.

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Salad is great for those trying to eat healthy, but additions may cost you in calories and fat if you're not careful. PHOTOS: MIKE MCCOLL, FROM ROSE REISMAN'S CHOOSE IT AND LOSE IT (WHITECAP BOOKS)

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BRUCE WALSH
Metro World News

Every fall thousands of student athletes discover they must walk a tightrope between academic and athletic pressures — often with a year-to-year scholarship on the line. As the 2013-14 athletic calendar kicks off, we checked in with student athletes for advice on coping with the tougher side of their experience.

Welch Suggs

Sport: Track and field

School: Rhodes College

Current position: Professor of sports journalism at the University of Georgia

Career highlight: Author of the book, A Place On the Teamw

What do you wish all athletes knew before they arrived on campus?
That college athletics are a business, and that is the primary motivator of nearly all the adults surrounding them. That means the schedule may be unfair, and your scholarship may be adjusted. Most athletes aren't prepared for that. It's not the most nurturing atmosphere in the world.

Where can athletes go for help and advice?
It varies from campus to campus, but usually there are academic advisers who are willing to advocate for athletes. The catch-22 is that people outside of varsity sports usually don't understand the pressures on the inside.

Leaving one for the team

At some point, athletes often realize that there's a whole other world that they'd like to experience — student government, studying abroad, etc. But they don't realize that when they take that scholarship, they're really beholden to the coach.
Karen Weaver
Professor of sports management

Karen Weaver

Sport: Field hockey

School: Lock Haven University
Current position: Professor of sports management, Drexel University

Career highlight: Coached Salisbury University to an NCAA Championship in 1986

What do you wish all athletes knew before they arrived on campus?
At some point, athletes often realize that there's a whole other world that they'd like to experience — student government, studying abroad, etc. But they don't realize that when they take that scholarship, they're really beholden to the coach.

Emily Dorko

Sport: Softball and volleyball
School: Adelphi University

Current position: MBA graduate student

Career highlight: .495 batting average in 2013, multiple academic awards

What do you wish you knew before you became a student athlete?
That coaches sometimes forget you're a student first. When you're under pressure, it's easy to let your studies fall by the wayside.

Where can athletes go for help and advice?
Like most campuses, there were multiple places to go at Adelphi: tutors, advisers, study groups. But I think what's missing at most schools is a liaison between student athletes and their coaches — someone to take the student's side.

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'Round the world wisdom

Facing adversity one step at a time

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

Focus not on the path, but the prints you're leaving along the way. ISTOCK

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Life's challenges often loom larger than they really are — we get overwhelmed by what needs to be done then bury our heads and do nothing at all. Not because we don't want to work out a solution, but because we can't figure out where to start.

What we need to do: break down the problem into bite-size chunks.

After I signed up to run the Gobi desert, I had to start … running. I asked people who should know for tips about the best way to prepare and they told me, "go at it one step at a time."

I took three million steps during training. I ran for most of it and when exhaustion hit, I walked. When I became injured I adapted my training regimen, running in a pool to reduce the impact on my shins that badly needed rehab.

When I crossed the starting line in the Gobi, I wasn't thinking about how I was going to run six marathons in five days. I focused on one race at a time. When that got to be too much, I thought about making it to the next 10-kilometre checkpoint, then to just the next flag. When there was no steam left, I concentrated on taking just one more step.

It took me 600,000 steps to cross the finish line. For most of the race I never envisioned that finish line. My mantra was, "OK, one more step."

If you're overwhelmed by an issue staring you in the face, start the journey to a resolution by taking that first small step — and then another, and another, moving ultimately to that giant leap forward.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

A new set of rules to rule the working world

The career ain't gonna come to you.
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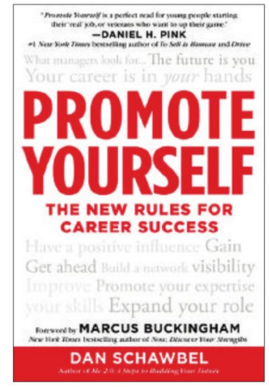
DAN SCHAWBEL
Metro World News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Foreword by MARCUS BUCKINGHAM
New York Times bestselling author of Now, Discover Your Strengths
DAN SCHAWBEL
Author of Me 2.0: 4 Steps to Building Your Future

In today's economy, you need to create your own career path instead of relying on a company to create one for you. You need to be accountable — at the end of the day, your success or failure depends on how hard you work, how fresh your skills are and the value you deliver. You are competing not just against your peers, but against everyone in the world.

Positions exist today that didn't five years ago, and jobs of the past have since been automated. We are playing by a new set of rules and by learning them, you can stand out and get ahead. Here are four of the new rules, as mentioned in my new best-selling book, Promote Yourself: The New Rules for Career Success.

Your job description is just the beginning

If all you do is your job, you can't get ahead at work. Instead, you need to constantly prove yourself, over-deliver on your work and take on new responsibilities whenever possible.

Your reputation is the single greatest asset you have

As you move from job to job and company to company, the one thing you get to take with you is your reputation. If you build a strong reputation, the opportunities will find you.

Your personal life is now public

How you present yourself online can affect how people perceive and treat you at work. Your personal and professional lives are merged. Think about how you want co-workers who are friends on Facebook to perceive you before you post.

Your boss's career comes first

Although you are accountable for your own career, your boss's trajectory can make a difference. If your manager isn't successful, it will be hard for him or her to support you. That's why you have to work hard to make your boss's life easier.

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PAUL STEPHENS PHOTO

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CONTRIBUTED

Cycle through Cienfuegos, which sits in a bay facing the Caribbean Sea and has attracted pirates through the ages. And continue to the magnificent Sierra del Escambray before finally reaching Trinidad. You can spend your final evening dining and salsa dancing before returning to Havana.

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Tennis

Raonic wins Thailand Open

Canadian Milos Raonic upset top-seeded Tomas Berdych of the Czech Republic 7-6 (4), 6-3 to claim his fifth title, at the Thailand Open on Sunday.

The No. 11-ranked Raonic put up 18 aces to beat his No. 6-ranked opponent in the final at the Impact Arena in one hour, 17 minutes.

It was Raonic's fifth tour victory, adding to the three in San Jose from 2011-13 and Chennai in 2012. THE CANADIAN PRESS

MLB

Ex-Jays pitcher tosses no-hitter vs. toothless Tigers

Former Toronto Blue Jay Henderson Alvarez pitched a no-hitter with a most bizarre ending, celebrating in the on-deck circle when the Miami Marlins scored on a two-out wild pitch in the bottom of the ninth inning to beat the AL Central champion Detroit Tigers 1-0 Sunday.

After Alvarez finished off the ninth with the game scoreless, he had to wait to see if it would become an official no-hitter. A Major League Baseball ruling in 1991 said only complete games of nine or more innings with no hits would count.

The Marlins loaded the bases and with pinch-hitter Greg Dobbs at bat, Luke Putkonen threw a wild pitch that let Giancarlo Stanton score.

Alvarez (5-6) struck out four, walked one and hit a batter. THE ASSOCIATED PRESS

Jays' season ends much as it began

MLB. Toronto falls to Tampa Bay to close out underachieving year with 74-88 record

The Blue Jays acknowledge the crowd during their final game of the season. JON BLACKER/THE CANADIAN PRESS

Wasted season or expensive experimental test run?

The much-vaunted 2013 Toronto Blue Jays returned to the drawing board after a season rife with underachieving closed Sunday. Questions abound after the dismal campaign.

"We got off to a slow start and obviously it continued the entire year," GM Alex Anthopoulos said by way of understatement.

The season opened April 2 with a home sellout of 48,857 fans at Rogers Centre for a 4-1 loss to Cleveland.

Fast forward to Sunday and only two players — shortstop Jose Reyes and catcher J.P. Arencibia — remained in the starting lineup. And Reyes missed some 66 games in between with an ankle injury while Arencibia came into the season finale batting .195 with 21 home runs and 147 strikeouts in 473 at-bats.

It seemed fitting that prior to the ceremonial first pitch Sunday, the PA system played "Pick Up the Pieces" by the Average White Band.

The Jays finished last in the American League East at 74-88, compared to 73-89 last season when they finished fourth in the division. Fan Appreciation weekend closed out with an exciting but failed comeback in a 7-6 loss to the Tampa Bay Rays before a loud crowd of 44,551.

Wild finish to the regular season

The Texas Rangers forced a one-game tiebreaker for the second AL wild-card spot, winning their seventh in a row Sunday when Geovany Soto hit a tiebreaking RBI double and later homered to beat the Los Angeles Angels 6-2.

- The Rangers (91-71) added game No. 163 to the regular season, and will host Tampa Bay on Monday night. The winner plays two days later at wild-card leader Cleveland in another win-or-be-done matchup.

Despite Sunday's six-run rally, it's has a been a rocky road for the Jays — and a long way from the optimism of spring training.

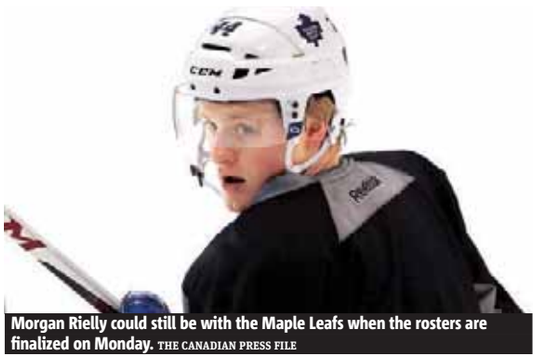
"It's an exciting season. Everybody's seen the moves," star outfielder Jose Bautista said back in February. "All the bodies are here now. It's all on us now to perform.

"We love that challenge and we have a confident, good group of players together. I think we're going to go out and have a lot of fun and hopefully we remain healthy. If all that happens, the season should take care of itself. We should be in the playoffs and hopefully the World Series."

The expected starting rotation — R.A. Dickey, Mark Buehrle, Brandon Morrow, Josh Johnson and Ricky Romero — cost $46.75 million alone.

It went south quickly, finishing with a combined 30-36 record — with Dickey and Buehrle accounting for 26 of those wins. THE CANADIAN PRESS

Maple Leafs waive Liles ahead of final cuts



Morgan Rielly could still be with the Maple Leafs when the rosters are finalized on Monday. THE CANADIAN PRESS FILE

Decisions, decisions.

Plenty still await the Toronto Maple Leafs before they open the regular season Tuesday night in Montreal. How the roster comes together by then is the $64.3-million question.

Paramount to everything is the matter of getting under that limit by Monday's 5 p.m. roster deadline. They took steps toward that Sunday by placing defenceman John-Michael Liles and five other players on waivers Sunday.

Those moves, which included T.J. Brennan and Korbinian Holzer being waived with the purpose of sending them to the AHL's Toronto Marlies, seem to make it more likely that 19-year-old defenceman Morgan Rielly will start the season with the Leafs.

He doesn't doubt being ready to play at this level.

"I feel like I am there, but that's up to the coaches if they want me to play this year or not," Rielly said Saturday night. "They have a goal to reach, which is to play in the playoffs again. That's what they ultimately want. If they choose to keep me or to put me back to junior, obviously I'll understand. I'll have to wait and see, though."

The 32-year-old Liles has a cap hit of $3.875 million US, $925,000 of which would come off the Leafs' books if he cleared waivers.

Toronto has a bevy of NHL defencemen ahead of Liles: captain Dion Phaneuf, Carl Gunnarsson, Cody Franson, Jake Gardiner, Mark Fraser, Paul Ranger and potentially Rielly. THE CANADIAN PRESS

4 SPORTS

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Flacco picked off five times as Bills improve to 2-2

NFL. Defence sets team straight vs. defending champs after poor outing last week

Marcell Dareus and the Buffalo Bills defence made life miserable for Super Bowl MVP Joe Flacco.

Dareus had two sacks, and rookie linebacker Kiko Alonso and converted safety Aaron Williams each had two interceptions as part of a 23-20 win over the Baltimore Ravens on Sunday.

Dareus was pleased with the new-look defence that finally began playing up to its attacking style under new coordinator Mike Pettine.

Fred Jackson breaks a tackle.
BILL WIPPERT/THE ASSOCIATED PRESS

"It surprises people, but we controlled it the way we needed to," Dareus said. "We were not going to let them push us around."

The Bills pushed back in limiting Baltimore to 15 first downs and 345 yards.

It was a stifling performance that came a week after Buffalo gave up 513 yards in a 27-20 loss to the New York Jets.

And the Bills (2-2) won despite an injury-thinned defensive backfield that opened the game missing three starters, and closed it minus Williams, who couldn't finish because of a sore back.

"These guys have answered the bell, and they played their behinds off," defensive tackle Kyle Williams said. "It doesn't get any better than this."

Fred Jackson had 87 yards rushing, and scored on a 16-yard run for the Bills, who are off to a 2-2 start under rookie head coach Doug Marrone.

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
x-Boston	97	65	.599	—
Tampa Bay	91	71	.562	6
Baltimore	85	77	.525	12
New York	85	77	.525	12
Toronto	74	88	.457	23

CENTRAL DIVISION

	W	L	Pct	GB
x-Detroit	93	69	.574	—
y-Cleveland	92	70	.568	1
Kansas City	86	76	.531	7
Minnesota	66	96	.407	27
Chicago	63	99	.389	30

WEST DIVISION

	W	L	Pct	GB
x-Oakland	96	66	.593	—
Texas	91	71	.562	5
Los Angeles	78	84	.481	18
Seattle	71	91	.438	25
Houston	51	111	.315	45

x-clinched division; y-clinched wild card

Sunday's results
Tampa Bay 7 Toronto 6
Baltimore 7 Boston 6
N.Y. Yankees 5 Houston 1 (14 inn.)
Kansas City 4 Chicago White Sox 1
Cleveland 5 Minnesota 1
Texas 6 L.A. Angels 2
Oakland 9 Seattle 0

Saturday's results
Texas 7 L.A. Angels 4
Cleveland 5 Minnesota 1
Toronto 7 Tampa Bay 2
Seattle 7 Oakland 5
Baltimore 6 Boston 5
N.Y. Yankees 2 Houston 1
Chicago White Sox 6 Kansas City 5

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
x-Atlanta	96	66	.593	—
Washington	86	76	.531	10
New York	74	88	.457	22
Philadelphia	73	89	.451	23
Miami	62	100	.383	34

CENTRAL DIVISION

	W	L	Pct	GB
x-St. Louis	97	65	.599	—
y-Pittsburgh	94	68	.580	3
y-Cincinnati	90	72	.556	7
Milwaukee	74	88	.457	23
Chicago	66	96	.407	31

WEST DIVISION

	W	L	Pct	GB
x-Los Angeles	92	70	.568	—
Arizona	81	81	.500	11
San Diego	76	86	.469	16
San Francisco	76	86	.469	16
Colorado	74	88	.457	18

Sunday's results
Miami 1 Detroit 0
N.Y. Mets 3 Milwaukee 2
Pittsburgh 4 Cincinnati 2
Atlanta 12 Philadelphia 5
St. Louis 4 Chicago Cubs 0
San Francisco 7 San Diego 6
Arizona 3 Washington 2
Colorado 2 L.A. Dodgers 1

Saturday's results
Pittsburgh 8 Cincinnati 3
San Diego 9 San Francisco 3
Milwaukee 4 N.Y. Mets 2 (10 inn.)
St. Louis 6 Chicago Cubs 2
Miami 2 Detroit 1 (10 inn.)
Philadelphia 5 Atlanta 4
Washington 2 Arizona 0
Colorado 1 L.A. Dodgers 0

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Monday's game — All Times Eastern
Tampa Bay (Price 9-8) at Texas (M.Perez 10-5), 8:07 p.m.

WILD CARD GAMES

Tuesday's game
NL: Cincinnati (Cueto 5-2) at Pittsburgh (Liriano 16-8), 8:07 p.m.
Wednesday's game
AL: Tampa Bay-Texas winner at Cleveland, 8:07 p.m.

DIVISION SERIES — BEST OF 5

AMERICAN LEAGUE
Oakland vs. Detroit
Boston vs. Cleveland-Tampa Bay-Texas

NATIONAL LEAGUE
Atlanta vs. Los Angeles
St. Louis vs. Cincinnati-Pittsburgh winner

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	13	9	4	0	388	337	18
Hamilton	13	6	7	0	327	364	12
Montreal	13	5	8	0	302	361	10
Winnipeg	13	2	11	0	268	421	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Calgary	13	10	3	0	408	312	20
B.C.	13	9	4	0	378	319	18
Saskatchewan	13	8	5	0	388	299	16
Edmonton	13	3	10	0	316	362	6

Sunday's result
Montreal 17 Saskatchewan 12
Saturday's results
Calgary 35 Hamilton 11
Toronto 34 Edmonton 22

NFL

WEEK 4

Sunday's results
Seattle 23 Houston 20
Kansas City 31 N.Y. Giants 7
Minnesota 34 Pittsburgh 27
Buffalo 23 Baltimore 20
Arizona 13 Tampa Bay 10
Cleveland 17 Cincinnati 6
Indianapolis 37 Jacksonville 3
Detroit 40 Chicago 32
Tennessee 38 N.Y. Jets 13
Denver 52 Philadelphia 20
San Diego 30 Dallas 21
Washington 24 Oakland 14
New England at Atlanta
Monday's game — All Times Eastern
Miami at New Orleans, 8:40 p.m.

MLS

Sunday's results
Portland 1 Los Angeles 0
Columbus at FC Dallas
New York at Seattle
San Jose at Chivas USA
Saturday's results
Toronto FC 4 D.C. United 1
Real Salt Lake 1 Vancouver 0
New England 1 Houston 1
Chicago 2 Montreal 2
Friday's games — All Times Eastern
Chicago at D.C. United, 8 p.m.
Montreal at Houston, 8:30 p.m.

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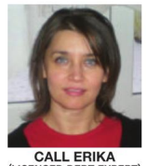

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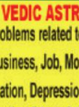

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Horoscopes

♈ Aries
March 21 - April 20
Both at home and at work you will know if others are telling the truth or tell fibs – no way will they fool you. If you do catch someone out in a lie make sure they pay for it.

♉ Taurus
April 21 - May 21
You may be in a trusting mood but don't let your generosity blind you. Some people will happily rip you off if they think they can get away with it. Don't let them..

♊ Gemini
May 22 - June 21
The planets warn you must not push yourself too hard this week, so cut yourself some slack and get some enjoyment from life.

♋ Cancer
June 22 - July 23
Be who you want to be and do what you want to do. That, in a nutshell, is the message of the stars this week and if you follow it you won't go far wrong. You may also earn some extra money.

♌ Leo
July 24 - Aug. 23
Only you know how hard you have strived to reach your current position, so don't let those who are a bit too free and easy with their criticisms get you down. What do they know? Not nearly as much as you.

♍ Virgo
Aug. 24 - Sept. 23
Some kind of offer will come your way this week and if you are smart you will snap it up. You may be shy and retiring by nature but you know a good thing when you see it – and this is first class.

♎ Libra
Sept. 24 - Oct. 23
Take care you don't spend too much on luxury living today. If you do you may be in for a shock a few weeks from now when money is much harder to come by. Is it essential? If not, don't buy it.

♏ Scorpio
Oct. 24 - Nov. 22
Family, friends and colleagues will rally round today to show they are behind you one hundred per cent. Whatever you want you will find a way to get it. More likely though, someone will get it for you.

♐ Sagittarius
Nov. 23 - Dec. 21
You may not be entirely happy with the direction your life is going but there is no need to panic. The tide is turning in your favour, so be happy!

♑ Capricorn
Dec. 22 - Jan. 20
Your confidence is sky high at the moment and you only have to walk down the street to turn heads. Why? Because when you feel great on the inside you look great too.

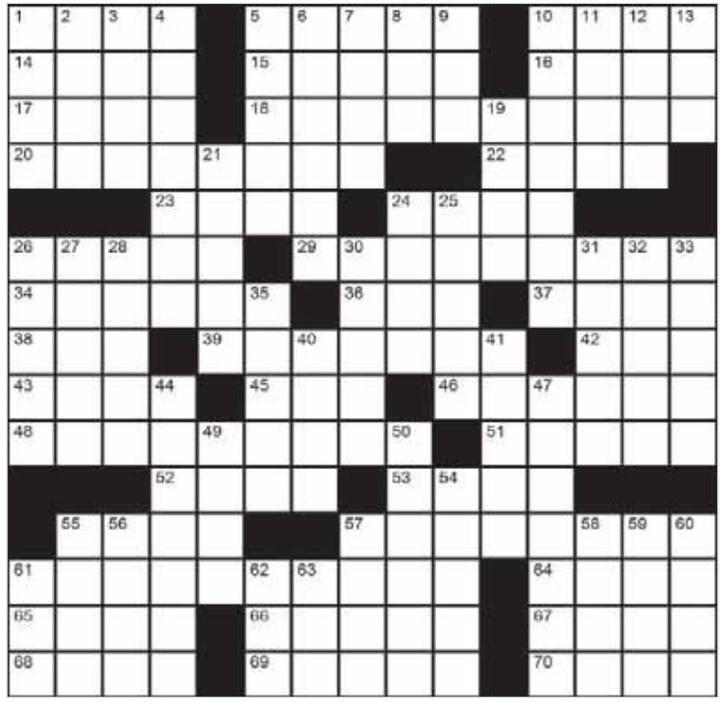
♒ Aquarius
Jan. 21 - Feb. 19
Even if you don't have an idea what is going on around you at the moment act as if you do. Create the illusion that you are in control. It's surprising how easily people are fooled.

♓ Pisces
Feb. 20 - March 20
If you get the chance to travel this week, maybe to a place you have never been before, don't hesitate or hang back. Life is supposed to be an adventure, so be bold and be the one who does something different. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

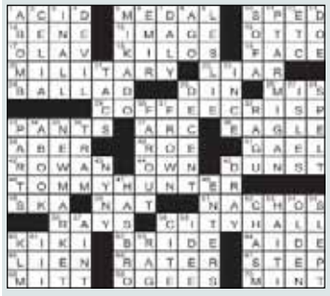
BY KELLY ANN BUCHANAN



Across
1. Foretoken
5. Light rains
10. Scratch
14. __ passu (Impartially)
15. Really got to or bothered: 2 wds.
16. Chess piece
17. Culture†medium
18. Plastic surgery procedures: 2 wds.
20. Je me __ = I remember (Quebec licence plates slogan)
22. Actor Stephen, and surname sakes
23. "...so long __ __ both shall live?"
24. Scoundrel
26. Line: French
29. Show like "Dragons' Den" in The States: 2 wds.
34. Jerusalem's locale
36. Mr. Roth
37. "Divine Secrets of the __-__ Sisterhood" (2002)
38. Irish coronation stone, __ Fail
39. "__ Mysteries" on CBC
42. Bert Bobbsey's twin
43. 24-hr. bankers
45. Wet dirt
46. Operate
48. British Columbia city
51. Pops
52. Office phone lines, for short
53. Regarding: 2 wds.
55. Spa treatment, mani-__
57. Canadian Charter of Rights and __
61. Group of Seven painter, Franklin __ (b.1890 - d.1945)
64. Milk, in Montreal
65. Actress Jessica [abbr.]
66. Comic strip, For Better or For __
67. French 101 verb
68. Imagine, archaically
69. "Boy __ World" ('90s TV series)
70. Canadian telecommunications firm

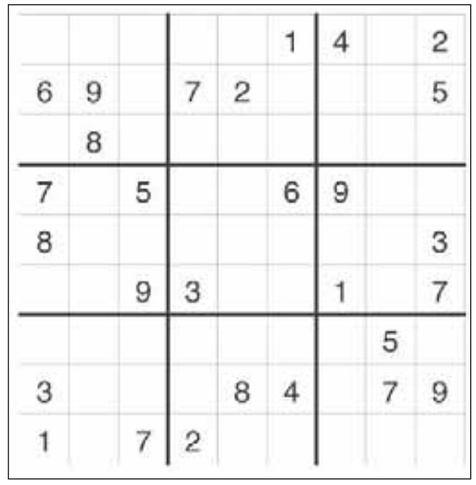
Down
1. Pampering places
2. Othello villain
3. Grey, in Germany
4. Grunge greats
5. "Ahoy, __!"
6. Apple songs
7. School terms, for short
8. Scottish hat
9. Particular pen
10. 'C' in SPCA
11. Ricky Martin smash: "Livin' La Vida __"
12. Approves, quick-style
13. Month segments
19. "Star __"
21. "_ __ to recall that..."
24. Gloriole
25. Love Story author Mr. Segal
26. Fragrant scent
27. "...__ __ _ plane?" (Superman-spotting question)
28. Tiny weights
30. Ms. Hopper of Hollywood's heyday gossip
31. Milk, vitamins _ __ _ added
32. Spiral-horned antelope
33. Surnamesakes of Orson Welles' most famous role
35. "Network" (1976) director Sidney
40. Floor coverings
41. Urgency
44. Oprah's longtime love
47. Mr. __ (Soup brand)
49. Nero's 62
50. Most unique
54. Tennis great Monica
55. Pallid
56. Actress, Kathryn __
57. Food assortment
58. Vow
59. Ms. Sorvino
60. Goulash
61. Crow cry
62. Uniquely-spelled mountain basin
63. Flat-bladed tool

Friday's Crossword

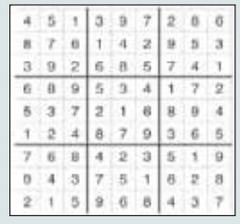


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku



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